

Mission Statement

Seton Harvest, a ministry of the Daughters of Charity, promotes care of the environment by growing food naturally, shares produce with local shareholders and people in need, and provides educational opportunities for sustainable living.

SHARHOLDER PICK-UP TIMES

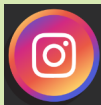
Saturday @ the Farm
8:00 a.m.—11:00 a.m.
Tuesday @ the Farm
3:30 p.m.—6:30 p.m.
Tuesday Epworth Crossing
3:30-5:30

REMINDER

Always wash your produce before you use it.
We rinse it but do not wash it for you.

VISIT US AT

SetonHarvest.org



Findings on the Farm

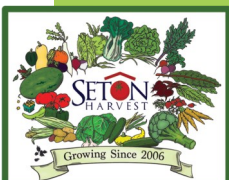
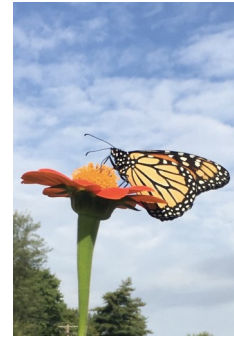


The native pollinator patches at the front of the farm have looked beautiful this year and have been blooming consistently for better than two months. We did this to encourage more pollinators and butterflies to come to the farm. This is our way of trying to help these struggling species. We all need pollinators, such as butterflies, bees (including honey, carpenter, and bumble), and other beneficial insects to pollinate the food we eat. With their numbers declining it wouldn't

hurt for all of us to try and lend them a helping hand.

Another way we help is to let our milkweed patches grow around the farm for the monarch butterflies that live and pass through the area. The milkweed and monarchs are said to have coevolved and with that the butterflies developed a unique adaptation that allows their caterpillars to feed on a plant that many insects cannot. The milkweed contains toxic compounds called cardenolides. Most insects cannot digest these toxins, so it kills them, or they avoid it all together due to its foul taste. Monarch caterpillars absorb the toxins in their milkweed meals, which render the caterpillar toxic to potential predators. It also helps the adult butterflies as well because they are toxic to birds and other predators. Milkweed is their preferred host plant, but all members of the Asclepias genus can support the butterfly. If you decide to plant a milkweed patch, please try to source milkweed native to your area whenever possible. Keep in mind that it will spread, so give it some room. If you decide to put in a small patch for pollinators, you can start out small, then add more in years to come.

Always Growing,
Farmer Joe



For more information, contact: Joe Schalasky, Farm Manager - (812) 963-7690; joe.schalasky@doc.org
Julie Dietz, Community Outreach Manager - (812) 963-7692; julie.dietz@doc.org



Seton Harvest
**Twilight
Dinner**

VOLUNTEERS NEEDED!!!!

We will need volunteers to help set up on Saturday September 21st @ 9:00 a.m.

We will also need volunteers the night of the event to help serve the meal, work the sign-in table, and help with the tours. If you are interested in getting a few hours of volunteer time in contact Julie

Our first magical evening on the farm will be

September 21, 2024

6:00pm—10:30PM

Proceeds support our mission of growing 20% extra produce for people in need.

[Eventbrite](#)

\$75.00 per person

We are looking for [SPONSORS & TABLE SPONSORS](#) If you are interested or know someone who is, please contact Julie Dietz at Julie.dietz@doc.org or call 812 963 7692

WEEKLY RECIPE: Watermelon Salad with Cucumber and Feta

www.homemadehooplah.com/watermelon-salad-with-cucumber-and-feta

Ingredients:

2 tablespoon extra-virgin olive oil	1 tablespoon mint, chopped, to taste, plus more for garnish
1 tablespoon lime juice	1/4 teaspoon fine sea salt, to taste
1 pinch black pepper, to taste	3 cup watermelon, cut into cubes
1 cup cucumber, sliced and quartered	1/3 cup feta cheese, crumbled, plus more for garnish

Directions:

In a large bowl, whisk together extra-virgin olive oil, mint, lime juice, seas salt and pepper until oil and lime juice have combined.

Add watermelon, cucumber and feta cheese to bowl. Use a spatula to gently toss ingredients until completely coated in dressing.

Serve watermelon salad immediately with fresh feta and mint as garnish.



We are looking for **BOOKS!**

We need gardening, farming, recipe books, or even kids gardening books!

Donate them to Seton Harvest!

Please bring your donation of books (in a bag) to your next veggie pick-up!



Our Common Home TRAIL TALKS

With Amanda Bradshaw-Burks

Urban Agriculture Educator

Saturday, August 24, 2024-10:00

Everyone is welcome!!

For more information contact Julie

Julie.dietz@doc.org



SHAREHOLDER WORK DAY!

Saturday Aug. 31

Anytime from 8-11:00 a.m.

We need lots of volunteers to help

